International Solo Ice Dance Competition Guidelines

General Rules and Requirements
Season 2025/26

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(page 8,9,11,12,14 clarification to Step Sequence rules)
(page 10, clarification to Pattern Dance Element Music rules)
(page 13, clarification to PSt rules)
(page 16, update to GOE chart)
(page 23 – Willow Waltz A-Steps diagram updated)
(page 27 – Starlight Waltz steps chart updated)

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1 General Competition Requirements

The requirements for International Solo Ice Dance Competitions will follow the requirements announced annually in ISU Communications for International Competitions for ISU disciplines, as per Rule 711. These shall be valid for one season only:

- Pattern Dances for International Competitions (including Key Points and Key Point Features)
- Music requirements for Pattern Dances for International Competitions
- Required Elements for Rhythm Dance
- Required Elements for Free Dance
- Technical requirements for Solo Ice Dance

1.1 Category and Age Requirements for Solo Ice Dance

1.1.1 Category Requirements

In International Solo Ice Dance Competitions male and female skaters compete together in the same category.

1.1.2 Age Requirements

Novice

In International Solo Ice Dance Competitions, a Novice is a Skater who has met the following requirements before July 1 preceding the competition:

a) Basic Novice - has not reached the age of fourteen
b) Intermediate Novice - has not reached the age of sixteen
c) Advanced Novice - has reached the age of ten and has not reached the age eighteen

Junior

In International Solo Ice Dance Competitions, a Junior is a Skater who has met the following requirements before July 1 preceding the competition:

a) has reached at least the age of thirteen;
b) has not reached the age of twenty-one.

Senior

In International Solo Ice Dance Competitions Senior only Skaters may compete who have reached at least the age of seventeen before July 1 preceding the competition.

1.2 Segments of International Solo Ice Dance Competitions

International Solo Ice Dance Competitions shall consist of:

Basic Novice	2 Pattern Dances and 1 Free Dance
Intermediate Novice	2 Pattern Dances and 1 Free Dance
Advanced Novice	2 Pattern Dances and 1 Free Dance
Junior	1 Rhythm Dance and 1 Free Dance
Senior	1 Rhythm Dance and 1 Free Dance

The Rhythm Dance or Pattern Dances must be skated before the Free Dance

1.3 Officials

a) The minimum age for any appointed National Official must be 21 years of age and International Ice Dance judges must meet the minimum age requirement of 24. In each event there must be at least one (1) Judge and one (1) member of the Technical Panel and the Referee with an international qualification in Ice Dance. National officials may be aged from 21 years to 75 years.
b) For Solo Ice Dance International Competitions, the same ISU Rules regarding judging, refereeing and the work of the Technical Panel apply as in Ice Dance Junior and Senior International Competitions.
c) Invited officials from other countries may be responsible for their transportation/flights only.

1.4 Deductions

For International Solo Ice Dance Competitions Senior and Junior, the same deductions apply as for International Ice Dance Competitions. For all Novice categories in International Solo Ice Dance Competitions all deductions are half the normal deductions for Junior and Senior.

1.5 Costume Requirements

- Must be modest, dignified, not give the effect of excessive nudity and appropriate for athletic competition – not garish or theatrical in design. Clothing, however, may reflect the character of the chosen music.
- Skaters may wear trousers of any length.
- Accessories and props are not permitted.

1.6 Result Calculation

The official ISU Calculation Software FSM and ISU Scoring Software FSScore is supporting the result calculation for International Solo Ice Dance Competitions and shall be used for the result calculation. The organizing ISU Member of International Solo Ice Dance Competitions however, is responsible for the correct competition relevant settings of the software and competition calculation database to ensure accuracy of the results and shall provide experienced, competent operators who shall be responsible for the entry of data into the computer and the generating of official results. Input errors may be changed prior to the medals ceremony and mathematical errors may be corrected within 24 hours after the awards ceremony.

1.7 Scale of Values and Components Factors

A specific Scale of Values (SOV) for Solo Ice Dance will be published for each season.

Level	Segment	Components	Factor
Solo Ice Dance Basic Novice	Pattern Dances	Timing Presentation Skating Skills	0.70
	Free Dance	Composition Presentation Skating Skills	1.00
Solo Ice Dance Intermediate Novice	Pattern Dances	Timing Presentation Skating Skills	0.70
	Free Dance	Composition Presentation Skating Skills	1.00
Solo Ice Dance Advanced Novice	Pattern Dances	Timing Presentation Skating Skills	0.93
	Free Dance	Composition Presentation Skating Skills	1.33
Solo Ice Dance Junior	Rhythm Dance	Composition Presentation Skating Skills	1.33
	Free Dance	Composition Presentation Skating Skills	2.00
Solo Ice Dance Senior	Rhythm Dance	Composition Presentation Skating Skills	1.33
	Free Dance	Composition Presentation Skating Skills	2.00

Note: For Events with two Pattern Dances the total score for each PD will be multiplied by a factor of 0.5 in Basic Novice, 0.75 in Intermediate Novice and 1.0 in Advanced Novice.

2 Solo Ice Dance Novice

2.1 Pattern Dances

Pattern Dances will be announced annually by the Ice Dance Technical Committee.

2.1.1 Basic Novice

Two (2) Pattern Dances are to be skated from the following:
Season 2025/26

1. Willow Waltz – 2 Sequences (Tune #6 of the European Waltz ISU Music will be used for warm up)
2. Tango Canasta – 2 Sequences (Tune #6 of the Tango ISU Music will be used for warm up)

2.1.2 Intermediate Novice

Two (2) Pattern Dances are to be skated from the following:
Season 2025/26

1. European Waltz – 2 Sequences (Tune #6 of the European Waltz ISU Music will be used for warm up)
2. Tango – 2 Sequences (Tune #6 of the Tango ISU Music will be used for warm up)

2.1.3 Advanced Novice

The following Two (2) Pattern Dances are to be skated:
Season 2025/26

1. Starlight Waltz – 2 Sequences (Tune #6 of the Starlight Waltz ISU Music will be used for warm up)
2. Quickstep – 2 Sequences and one Choreographic Step Sequence as an exit. See Appendix A. (Tune #6 of the Quickstep ISU Music will be used for warm up)

All Pattern Dances must be performed with the first sequence executed in front of the judges' stand. If not, the Referee will stop the skater and instruct the skater to restart on the correct side without deduction. The first step of the dance must be on beat 1 of a measure.

2.1.4 Music Requirements for Pattern Dances

For season 2025/26, skaters shall provide their own music for all Pattern Dances. The music may be ISU Ice Dance music (tunes 1-5). After the completion of the last step of the Pattern Dance, the skater must reach the final pose within 20 seconds. If this time limit is exceeded, a "Pattern Dances Program time" deduction of 0.5 up to every 5 seconds in excess of permitted time after the last prescribed step in the Pattern Dance to the ending movement/pose shall apply. **The music must be chosen in accordance with the Rhythm of the Pattern Dance and may be vocal.** The Tempo throughout the required Sequences must be constant and in accordance with the required Tempo of the Pattern Dance plus or minus 2 beats per minute (for dances with 4/4 timing) and plus or minus 3 beats per minute for waltz rhythms.

2.1.5 Pattern Dances Diagrams

For Solo Ice Dance Pattern Dance Diagrams, Steps, Key Points and other Pattern Dance requirements, please refer to Appendix A.

2.1.6 Pattern Dance Warm-Up Time

Solo Ice Dance warm-up time for Pattern Dances will be 30 seconds without music and 2 minutes 30 seconds using ISU tune #6 (using Blues for Rhythm Blues and Tango for Tango Fiesta).

2.1.7 Rhythm Dance and Free Dance Warm-Up Time

Solo Ice Dance warm up time for Junior and Senior Rhythm Dance will be 4 minutes. Solo Ice Dance warm up times for Basic Novice and Intermediate Novice will be 3 minutes. Advance Novice Free Dance will all be 4 minutes. Junior and Senior Free Dance will be 5 minutes.

2.1.8 Warm-Up Group Sizes

Solo Ice Dance will have a limit of:
Basic Novice Pattern Dance; 8 skaters per warm up - Free Dance; 8 Skaters per warm up.
Intermediate Novice Pattern Dance; 8 skaters per warm up - Free Dance; 6 Skaters per warm up.
Advance Novice Pattern Dance; 6 skaters per warm up - Free Dance; 6 Skaters per warm up.
Junior and Senior Rhythm and Free Dance – 6 skaters per warm up.

*Note: 1 skater may be added to one group only when there are time constraints with the schedule only at the referee's discretion.

2.1.9 Practice Ice

If official practice is not offered, skaters may practice at any time, except once a segment has started.

2.2 Solo Ice Dance Basic Novice Requirements

2.2.1 Characteristics of Levels for Basic Novice Pattern Dances

2025/26 Season: Willow Waltz and Tango Canasta

All dances are without Key Points and evaluated up to level 1 The Judges evaluate the Pattern Dance with GOE	
Basic Level	**Level 1**
50% of Pattern Dance is completed.	**75% of Pattern Dance** is completed.

2.2.2 Free Dance Requirements for Solo Ice Dance Basic Novice

Duration	**1:30 +/- 10 seconds**
Music	The music must have a rhythmic beat. The music may be without a rhythmic beat for up to 10 seconds at the beginning or end of the program and another 10 seconds during the program. May be vocal and must be suitable for ice dance as a sport discipline.
Edge Element	**One (1) Short Edge Element**, but no more. The edge element must be held in position for a minimum of three (3) seconds but cannot exceed eight (8) seconds.
Spin	**One (1) Dance Spin, but no more.** – Specifications for Season 2025/26 Dance Spin – A spin to be performed on the spot on one foot with or without change(s) of foot by the skater. *Flying Spins or Flying Entries are illegal elements.
Choreographic Character Step Sequence	**One (1) Choreographic Character Step Sequence** performed on the short axis and started with a stop or skidding movement. **Not permitted:** Touching the ice with any other part of the body than the blades (or one (1) knee), stops, pattern retrogressions, loops. Dance spins will be considered an extra element if the requirements for Basic Level are met. Edge Elements that meet the requirements for a basic level will be called as an extra element.
Sequential Twizzle Series	**One (1) Set of Sequential Twizzles**. Two twizzles skated one right after the other with up to one step in between twizzles. (Each push, including a scooter push, and/or transfer of weight while on two feet between twizzles is considered as a step)
Maximum Level	Up to Level 1 will be considered for Level.

***See page 20 for list of Choreographic Restrictions**

2.3 Solo Ice Dance Intermediate Novice Requirements

2.3.1 Characteristics of Levels for Intermediate Novice Pattern Dances

2025/26 Season: European Waltz and Tango

There will be 1 Key Point described and up to Level 2 will be evaluated.		
Basic Level	**Level 1**	**Level 2**
50% of Pattern Dance is completed.	**75% of Pattern Dance** is completed.	**75% of Pattern Dance** is completed. **1 Key Point** is correctly executed.

2.3.2 Free Dance Requirements for Solo Ice Dance Intermediate Novice

Duration	**1:50 +/- 10 seconds**
Music	The music must have a rhythmic beat. The music may be without a rhythmic beat for up to 10 seconds at the beginning or end of the program and another 10 seconds during the program. May be vocal and must be suitable for ice dance as a sport discipline.
Edge Element	**One (1) Short Edge Element**, but no more. The edge element must be held in position for a minimum of three (3) seconds but cannot exceed eight (8) seconds.
Spin	**One (1) Dance Spin, but no more.** - Specifications for Season 2025/26 Dance Spin - A spin to be performed on the spot on one foot with or without change(s) of foot by the skater. *Flying Spins or Flying Entries are illegal elements.
Choreographic Character Step Sequence	**One (1) Choreographic Character Step Sequence** performed on the long axis and started with a stop or skidding movement. **Not permitted:** Touching the ice with any other part of the body than the blades (or one (1) knee), stops, pattern retrogressions, loops. Dance spins will be considered an extra element if the requirements for Basic Level are met. Edge Elements that meet the requirements for a basic level will be called as an extra element.
Sequential Twizzle Series	**One (1) Set of Sequential Twizzles.** Two twizzles skated one after the other with up to one step in between twizzles. (Each push, including a scooter push, and/or transfer of weight while on two feet between twizzles is considered as a step)
Choreographic Element	**One (1) additional chosen from the following** • Choreographic Sliding Movement • Choreographic Spinning Movement • Choreographic Twizzling Movement
Maximum Level	Up to Level 2 will be considered for Level.
Additional Information	For Intermediate Novice (FD) if a Choreographic Character Step Sequence is not performed within the first two Choreographic Elements, the second performed Choreographic Element is identified as not according to the well-balanced program requirements receives (*) symbol. The Choreographic Character Step Sequence performed as a subsequent Choreographic Element shall not be identified.

***See page 20 for list of Choreographic Restrictions**

2.4 Solo Ice Dance Advanced Novice Requirements

2.4.1 Characteristics of Levels for Advanced Novice Pattern Dances

2025/26 Season: Starlight Waltz and Quickstep + ChSt exit

There will be 2 Key Points described and up to Level 3 will be evaluated			
Basic Level	**Level 1**	**Level 2**	**Level 3**
50% of Pattern Dance is completed.	**75% of Pattern Dance** is completed.	**75% of Pattern Dance** is completed. **1 Key Point** is correctly executed.	**90% of Pattern Dance** is completed. **2 Key Points** are correctly executed.

2.4.2 Free Dance Requirements for Solo Ice Dance Advanced Novice

Duration	**2:20 +/- 10 seconds**
Music	The music must have a rhythmic beat. The music may be without a rhythmic beat for up to 10 seconds at the beginning or end of the program and another 10 seconds during the program. May be vocal and must be suitable for ice dance as a sport discipline. Must have at least one obvious change of tempo/rhythm and expression; this change may be gradual or immediate.
Edge Element	**One (1) Short Edge Element**, but no more. The edge element must be held in position for a minimum of three (3) seconds but cannot exceed eight (8) seconds.
Spin	**One (1) Dance Spin, but no more.** - Specifications for Season 2025/26 Dance Spin - A spin to be performed on the spot on one foot with or without change(s) of foot by the skater. *Flying Spins or Flying Entries are illegal elements.
Step Sequence	**One (1) Style B** Midline, Diagonal, Circular **Note:** The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern and must be a different pattern type than the Choreographic Character Step Sequence if chosen. **Not permitted:** stops, loops, and retrogressions. Note: The entry or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered as a retrogression. However if a difficult turn is executed during a retrogression with both entry and exit edge, it will not be considered for level by the Technical Panel.
Sequential Twizzle Series	**One (1) Set of Sequential Twizzles**. Two twizzles skated one after the other with up to one step in between twizzles. (Each push, including a scooter push, and/or transfer of weight while on two feet between twizzles is considered as a step)
Choreographic Elements	**Two (2) chosen from the following:** • Choreographic Character Step Sequence (started with a stop or skidding movement) • Choreographic Sliding Movement • Choreographic Spinning Movement • Choreographic Twizzling Movement
Maximum Level	Up to Level 3 will be considered for Level.

***See page 20 for list of Choreographic Restrictions**

3 Solo Ice Dance Junior

3.1 Rhythm Dance Requirements

Duration	**2:50 +/- 10 seconds**
Music Requirements	The theme and music selected for the Rhythm Dances for both Junior and Senior for the season 2025/26 is "The Music, Dance Styles and Feeling of the 1990s". The Rhythm Dance for the 2025/2026 season takes inspiration from the high energy and entertaining dance styles from this decade. Any music is possible as long as it was released, either originally or as a cover version in the 1990s and fulfills the Rhythm/Theme mentioned above as well as the Required Characteristics mentioned below. Music Examples (but not limited to): Pop/Street Latin, House/Techno, Hip-Hop, Grunge Rock Required characteristics: High energy and crowd pleasing, demonstrating the essence of the 1990s What this season's RD is not: Dance styles including Classical, Contemporary, Traditional Folk and Competition Ballroom. Notes: - Remixed and/or remastered music, including cover versions, is permitted. - Music created via AI in the "Style of 1990's" is also permitted. - The skater should demonstrate through dance movements the feeling/essence and dance style(s) from this decade. - The Rhythm Dance should NOT be skated in the style of a Free Dance. - To comply with the ethical values of sports, any music chosen for Ice Dance competitions must not include aggressive and/or offending lyrics. Vocal music is permitted, and the music may be without a rhythmic beat for up to 10 seconds at the beginning of the program.
Edge Element	**One (1) Short Edge Element**, but no more. The edge element must be held in position for a minimum of three (3) seconds but cannot exceed eight (8) seconds.
Step Sequence	**One (1) Step Sequence, Style B.** • Skated to any dance style of the prescribed decade. • Chosen pattern may ONLY be Midline or Diagonal. • Touching the ice with any part of the body is allowed but not longer than 5 seconds. • Stops – up to one (1) permitted for up to 5 seconds (this will count as one of the permitted stops) **Not permitted:** • Loop(s) • Retrogression(s) **Note:** The entry ~~and/~~or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered as a retrogression. However if a difficult turn is executed during a retrogression with both entry and exit edge, it will not be considered for level by the Technical Panel.
Sequential Twizzle Series	**One (1) Set of Sequential Twizzles**. Two twizzles skated one after the other with up to one (1) step between twizzles. (Each push, including a scooter push, and/or transfer of weight while on two feet between twizzles is considered as a step) May be skated anywhere in the program except in the required step sequence. **The "C" feature(s) attempted in the RD cannot be repeated in the FD for Level and will be ignored by the Technical Panel. This applies even if the features were not given credit for level in the RD.**

Pattern Dance Element	**One (1)** Sequence of the Rhumba immediately followed by one (1) Sequence of the Quickstep: skated/performed to any dance music/dance style(s) of the 1990s with ~~the range of~~ a consistent tempo: minimum 120 beats per minute, in 2/2, 2/4 or 4/4 time. **Duration:** Any exact number of musical phrases. The first step of the dance must be skated on beat one of a musical phrase. 1RH (Steps #1-16) and 1QS (Steps #1-18) in accordance with the Solo Dance Steps as described in the Pattern Dance Appendix A. Step #1 of 1RH skated at the Judges left side until Step #16. Immediately followed by Step #1 of the 1QS skated on the Judges right side. • 1RH must be skated in accordance with the beats per steps outlined in Appendix A at the end of this handbook. • 1QS must be skated in accordance with the beats per steps described on the ISU Handbook 2003 Note: If the two Pattern Dance sequences are NOT skated/performed in the required order both the Rhumba sequence and the Quickstep sequence will become elements NOT according to requirements, will receive an asterisk (*) and consequently NO value. *See Pattern Dance Appendix A for Key Points and diagrams.
Additional Information	Pattern: • The pattern must proceed in a generally constant direction and must cross the Long Axis of the ice surface once at each end of the rink within no more than 30 meters of the barrier. • In addition, the skater may also cross the Long Axis at the entry to the Style B Step Sequence and at the entry to the Pattern Dance Element. • Loops in any direction that do not cross the long axis are permitted. Stops: • After the clock starts, the skater must not remain in one place for more than 10 seconds at the beginning and/or end of the program. • During the program (excluding the 10 seconds at the beginning and /or end of the program); 2 full stops of up to 5 seconds or 1 full stop of up to 10 seconds is permitted. • ~~A Dance Spin or Choreographic Spinning Movement that does not travel will be considered as a stop~~. Touching the ice with hands: • Touching the ice with the hands is not permitted unless otherwise allowed as specified in each season's requirements. The exception this season is in the Style B Step Sequence. This would be considered a Choreographic Violation. Note: Kneeling or sliding on two knees is not allowed and will be considered a fall by the judging panel and technical panel except when allowed in the Style B step sequence.

3.2 Free Dance Requirements

Duration	**3:00 +/- 10 seconds**
Music	Vocal music is permitted and must have a rhythmic beat. The music may be without a rhythmic beat for up to 10 seconds at the beginning or end of the program and another 10 seconds during the program. Music must have at least one change of tempo/rhythm and expression. These may be gradual or immediate. All music must create an interesting, colorful, entertaining dance program with different dance moods or a building effect.
Edge Elements	**Two options:** 1) One (1) Combination Edge Element OR 2) Two (2) different Types of Short Edge Elements. (Spiral Type may be repeated once with different positions in each) Combination Edge Elements may not exceed 13 seconds in total. Short Edge Elements may not exceed 8 seconds.
Spin	**One (1) Dance Spin but no more**. Minimum of three revolutions on one foot, with or without change(s) of foot by the skater. *Flying Spins or Flying Entries are illegal elements.
Step Sequence **One Foot Turn Sequence**	**One (1) Step Sequence, Style B,** from the following list: serpentine, circular, midline or diagonal. The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern and must be a different pattern type than the Choreographic Character Step Sequence if chosen as a Choreographic Element. **Not permitted:** Stop(s), Loop(s) and Retrogression(s). **Note:** The entry ~~and/~~or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered as a retrogression. However if a difficult turn is executed during a retrogression with both entry and exit edge, it will not be considered for level by the Technical Panel. **One (1), One Foot Turn Sequence** to be skated anywhere in the program. It must include the following difficult turns: Rocker, Bracket, Counter, Twizzle (Single Twizzle counts for Levels 1 and 2 and Double Twizzle counts for Levels 1 - 4)
Solo Twizzle Series	**One (1) Solo Twizzle Series**. At least two steps between 1st and 2nd twizzle are required but no more than four steps are permitted. (Each push, including a scooter push, and/or transfer of weight while on two feet between twizzles is considered as a step). **The "C" feature(s) attempted in the RD cannot be repeated in the FD for Level and will be ignored by the Technical Panel. This applies even if the features were not given credit for level in the RD.**
Choreographic Elements	**Two (2) Different Choreographic Elements to be selected from the following:** • Choreographic Character Step Sequence (started with a stop or skidding movement) • Choreographic Sliding Movement • Choreographic Spinning Movement • Choreographic Twizzling Movement (can only be performed after required Twizzles)
Note:	***See page 20 for list of Choreographic Restrictions**

4 Solo Ice Dance Senior Requirements

4.1 Rhythm Dance Requirements

Duration	**2:50 +/- 10 seconds**
Music Requirements	The theme and music selected for the Rhythm Dances for both Junior and Senior for the season 2025/26 is “The Music, Dance Styles and Feeling of the 1990s”. The Rhythm Dance for the 2025/2026 season takes inspiration from the **high energy** and entertaining dance styles from this decade. Any music is possible as long as it was released, either originally or as a cover version in the 1990s and fulfills the Rhythm/Theme mentioned above as well as the Required Characteristics mentioned below. Music Examples (but not limited to): Pop/Street Latin, House/Techno, Hip-Hop, Grunge Rock Required characteristics: High energy and crowd pleasing, demonstrating the essence of the 1990s What this season's RD is not: Dance styles including Classical, Contemporary, Traditional Folk and Competition Ballroom. Notes: - Remixed and/or remastered music, including cover versions, is permitted. - Music created via AI in the “Style of 1990’s” is also permitted. - The skater should demonstrate through dance movements the feeling/essence and dance style(s) from this decade. - The Rhythm Dance should NOT be skated in the style of a Free Dance. - To comply with the ethical values of sports, any music chosen for Ice Dance competitions must not include aggressive and/or offending lyrics. Vocal music is permitted, and the music may be without a rhythmic beat for up to 10 seconds at the beginning of the program.
Edge Element	**One (1) Short Edge Element**, but no more. The edge element must be held in position for a minimum of three (3) seconds but cannot exceed eight (8) seconds.
Step Sequence	**One (1) Step Sequence, Style B.** • Skated to any dance style of the prescribed decade. • Chosen pattern may ONLY be Midline or Diagonal. • Touching the ice with any part of the body is allowed but not longer than 5 seconds. • Stops – up to one (1) permitted for up to 5 seconds (this will count as one of the permitted stops) **Not permitted:** • Loop(s) • Retrogression(s) **Note:** The entry ~~and/~~or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered as a retrogression. However if a difficult turn is executed during a retrogression with both entry and exit edge, it will not be considered for level by the Technical Panel.
Sequential Twizzle Series	**One (1) Set of Sequential Twizzles**. Two twizzles skated one after the other with up to one (1) step in between twizzles. (Each push, including a scooter push, and/or transfer of weight while on two feet between twizzles is considered as a step) May be skated anywhere in the program except in the required step sequence or PSt. **The “C” feature(s) attempted in the RD cannot be repeated in the FD for Level and will be ignored by the Technical Panel. This applies even if the features were not given credit for level in the RD.**

Choreographic Rhythm Sequence (ChRs)	**One (1) Choreographic Rhythm Sequence** – Skated to any Dance Style from the 1990s. **Pattern:** The skater performs steps around the short axis and must proceed from barrier to barrier. The requirement for barrier to barrier is fulfilled when the skater is not more than 2 meters from each barrier. If the skater does not use the short axis in any way, for example they do the entire ChRs near the blue line, this element will be ignored. **Stops** – One (1) at the beginning, during or end of the element for no more than 5 seconds. (This will count as one (1) of the permitted stops) A stop performed at the beginning or end of the ChRS will be considered as part of the element. Performing steps/movements in a small circular pattern during a Stop is not considered as a retrogression. **Not Permitted:** Loop(s) and Retrogression(s) (Not Permitted items are assessed in Judges GOE)
Pattern Dance Type Step Sequence (PSt)	**One (1) Pattern Dance Type Step Sequence – Style D** **Rhythm:** Skated to any dance style chosen from the 90s – minimum of 120 beats per minute in 2/2, 2/4 or 4/4 time. **Duration:** any exact number of musical phrases **Pattern:** Circular shape 1. Starting with Choreographic Spin (ChSp) for at least two revolutions on two feet or a combination of two feet and one foot but not one foot alone for three revolutions. This ChSp must be performed on the Judges' side and must cross the short axis during the element. This should travel some but part may be in place and not count as a stop. 2. Continuing the PSt including the four different difficult turns (listed below). 3. Concluding the PSt with the skater closing the circular shape in front of the Referee around the short axis by performing a Helicopter type movement (refer to the definition below). 4. Technical Requirements: Forward Outside Mohawk, Back entry Bracket, Back entry Rocker and Counter. **Note for Timing**: All performed different difficult turns for level must be performed with no more than two beats for the entry edge and two beats for the exit edge to be considered for level. This would also be an error to consider in the GOE for the judges if not done correctly. **Not permitted:** Stop(s), Loop(s) and Retrogression(s). **Note:** The entry ~~and/~~or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered as a retrogression. However if a difficult turn is executed during a retrogression with both entry and exit edge, it will not be considered for level by the Technical Panel. **Helicopter type movement**: A movement skated in any direction executing double three turns of at least one full revolution with the free leg extended and elevated at 45 degrees or higher to the side, back, in front or any combination.
Additional Information	**Pattern:** • The pattern must proceed in a generally constant direction and must cross the Long Axis of the ice surface once at each end of the rink within no more than 30 meters of the barrier. • In addition, the skater may also cross the Long Axis at the entry to the Style B Step Sequence and at the entry to the Pattern Dance Element. • Loops in any direction that do not cross the long axis are permitted. **Stops**: • After the clock starts, the skater must not remain in one place for more than 10 seconds at the beginning and/or end of the program. • During the program (excluding the 10 seconds at the beginning and /or end of the program); 2 full stops of up to 5 seconds or 1 full stop of up to 10 seconds is permitted. • ~~A Dance Spin or Choreographic Spinning Movement that does not travel will be considered as a stop~~. **Touching the ice with hands:** • Touching the ice with the hands is not permitted unless otherwise allowed as specified in each season's requirements. The exception this season is in the Style B Step Sequence. This would be considered a Choreographic Violation. **Note:** Kneeling or sliding on two knees is not allowed and will be considered a fall by the judging panel and technical panel except when allowed in the Style B step sequence.

4.2 Free Dance Requirements

Duration	**3:30 +/- 10 seconds**
Music	Vocal music is permitted and must have a rhythmic beat. The music may be without a rhythmic beat for up to 10 seconds at the beginning or end of the program and another 10 seconds during the program. Music must have at least one change of tempo/rhythm and expression. These may be gradual or immediate. All music must create an interesting, colorful, entertaining dance program with different dance moods or a building effect.
Edge Elements	**Two options:** 1) **One (1) Combination Edge Element plus one (1) Short Edge Element** of a different Type than performed in the combination. **Or** 2) **Three (3) different Types of Short Edge Elements.** (Spiral Type maybe be repeated once with different positions in each.) Combination Edge Element may not exceed 13 seconds in total. Short Edge Elements may not exceed 8 seconds.
Spin	**One (1) Dance Spin but no more.** Minimum of three revolutions on one foot with or without change(s) of foot by the skater. *Flying Spin or Flying Entries are illegal elements.
Step Sequence	**One (1) Step Sequence, Style B**, from the following list: serpentine, circular, midline or diagonal. The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern and must be a different pattern type than the Choreographic Character Step Sequence as a Choreographic Element. **Not permitted:** Stop(s), Loop(s) and Retrogression(s). **Note:** The entry ~~and/~~or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered as a retrogression. However if a difficult turn is executed during a retrogression with both entry and exit edge, it will not be considered for level by the Technical Panel.
One Foot Turn Sequence	**One (1), One Foot Turn Sequence** to be skated anywhere in the program. It must include the following difficult turns: Rocker, Bracket, Counter, Twizzle (Single Twizzle counts for levels 1 and 2 and Double Twizzle counts for levels 1 - 4).
Solo Twizzle Series	**One (1) Solo Twizzle Series**. At least two steps between 1st and 2nd twizzle are required but no more than four steps between twizzles. (Each push, including a scooter push, and/or transfer of weight while on two feet between twizzles is considered as a step.) **The "C" feature(s) attempted in the RD cannot be repeated in the FD for Level and will be ignored by the Technical Panel. This applies even if the features were not given credit for level in the RD.**
Choreographic Elements	**Three (3) Different Choreographic Elements to be selected from the following:** • Choreographic Character Step Sequence (started with a stop or skidding movement) • Choreographic Sliding Movement • Choreographic Spinning Movement • Choreographic Twizzling Movement (can only be performed after required Twizzles) ***Note:** Choreographic Step must be a different pattern than the Step Sequence or the ChSt will receive an "!" from the Technical Panel.

***See page 20 for list of Choreographic Restrictions**

5 Marking Guide for Grades of Execution of Required Elements Solo Ice Dance

5.1 Grades of Execution of Pattern Dance Elements & Pattern Dances 2024/25 – Solo Ice Dance

<table>
<tr><th></th><th>-5</th><th>-4</th><th>-3</th><th>-2</th><th>-1</th><th>0</th><th>+1</th><th>+2</th><th>+3</th><th>+4</th><th>+5</th></tr>
<tr><td>Steps held for the required number or beats</td><td colspan="5">Less than 75% of Steps held for required # of beats

Out of Musical Structure</td><td colspan="2">75% or more Steps held for required # of beats</td><td colspan="2">90% or more Steps held for required # of beats</td><td colspan="2">100% of Steps/Edges held for required #of beats</td></tr>
<tr><td>Falls / Errors / Loss of Control</td><td>Two (2) Falls AND/OR many serious errors</td><td colspan="2">One (1) Fall or Serious error</td><td>Two (2) Stumbles or Serious errors</td><td>Stumble / touchdown or up to 25% element missed</td><td>One (1) Touchdown / Loss of Control</td><td colspan="3">Slight Loss of Control/ One (1) Touchdown (no break within the Element)</td><td colspan="2">None</td></tr>
<tr><td rowspan="2">Features</td><td colspan="5">More negative features/errors than positive features</td><td rowspan="2">Basic execution - Generally correct</td><td rowspan="2">1 – 2 positive features</td><td rowspan="2">3 – 4 positive features</td><td rowspan="2">5 – 6 positive features</td><td rowspan="2">7 – 8 positive features (no negative features/errors)</td><td rowspan="2">More than 8 positive features (no negative features/errors)</td></tr>
<tr><td>More than 8 negative features</td><td>7 – 8 negative features</td><td>5 – 6 negative features</td><td>3 – 4 negative features</td><td>1 – 2 negative features</td></tr>
<tr><td colspan="6">NEGATIVE FEATURES</td><td colspan="6">POSITIVE FEATURES</td></tr>
<tr><td colspan="12">EXECUTION THROUGHOUT ELEMENT</td></tr>
<tr><td colspan="5">1- Poor execution and/or Element labored and/or Loss of Control with or without additional support</td><td>1-4</td><td colspan="5">1- Good quality – correctness, cleanness, depth and sureness of Edges/Steps/Turns</td><td>2-4</td></tr>
<tr><td colspan="5">2- Incorrect Steps/Turns (per each)</td><td>1</td><td colspan="5">2- Smooth and Effortless</td><td>2</td></tr>
<tr><td colspan="5">3- Poor body lines and carriage</td><td>1</td><td colspan="5">3- Glide and flow maintained (movement across the ice)</td><td>2</td></tr>
<tr><td colspan="5">4- Lack of glide and flow (movement across the ice)</td><td>1-3</td><td colspan="5">4- Nuances/accents reflect character and style of the chosen rhythm</td><td>1-2</td></tr>
<tr><td colspan="5">5- Does not reflect the character and style of the chosen</td><td>1-2</td><td colspan="5">5- Body lines and carriage stylish according to the chosen Rhythm</td><td>1</td></tr>
<tr><td colspan="5">6- Not started on the prescribed beat (for each Section / Sequence)</td><td>2</td><td colspan="5">6- Timing accurate 100%</td><td>2</td></tr>
<tr><td colspan="5">7- Pattern incorrect, including crossing the long axis when not permitted</td><td>1-2</td><td colspan="5">7- Maximum utilization of the ice surface with the correct Pattern</td><td>2</td></tr>
<tr><td colspan="5"></td><td></td><td colspan="5"></td><td></td></tr>
</table>

5.2 Grades of Execution Required Elements (incl. PDE and Choreographic Elements) 2024/25 – Solo Ice Dance

	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5
Musicality	Out of musical structure/rhythm pattern and/or not reflecting character/style, nuances, theme (including PDE and Choreo Elements)					Mostly with musical structure	In musical structure/rhythm pattern and reflecting character				
Falls/ Errors/ Loss of Control	One or more Fall(s) AND many serious errors	One (1) Fall or serious error		Two (2) Stumbles or serious errors	One (1) Stumble/ Touch Downs	One (1) Touch Down/ Loss of Control	Slight Loss of Control/ One (1) Touchdown (no break within the Element)			NONE	
Choreo Elements	Choreo Element receives the "!" symbol – Reduce the GOE by 2 grades (no higher than +3)										
Features	NEGATIVE – More negative features than positive features					Positives = Negatives	POSITIVE – More positive features than negative features			7 – 8 (no negative features)	More than 8 (All features attempted are positive)
	More than 8	7 - 8	5 - 6	3 - 4	1 - 2		1 - 2	3 - 4	5 - 6		

NEGATIVE FEATURES		POSITIVE FEATURES	
EXECUTED THROUGHOUT ELEMENT			
1. Poor execution and/or Element labored and/or Loss of Control with or without additional support	1 - 4	1. Smooth and/or Effortless	2
2. Element does not reflect choreography of the chosen Music/Rhythm/Character/Theme	1 - 3	2. Element enhances the choreography and/or character of the chosen music/rhythm/character/theme. Element reflects the nuances in the music	1 - 3
3. Poor Entry / Poor Exit (per each)	1	3. Entry/Exit is seamless and/or unexpected and/or creative (per each)	1
4. Poses or moves awkward or not aesthetically pleasing	1 - 2	4. Body lines and poses/moves aesthetically pleasing	1 - 2
5. Lacking or reducing speed of rotation and/or speed across the ice	1 - 2	5. Element is innovative and / OR creative	1 - 3
6. Not on spot DSp (during revolutions or when changing feet*)	1 - 2	6. Speed of rotations maintained or accelerated (DSp, STw, Choreo Elements)	1 - 2
7. Pattern/Placement incorrect RD: All elements. FD: Step Seq, ChSt	1	7. Speed across the ice maintained or accelerated during the Element	1 - 2
8. Inclusion of Not Permitted item with element** (Step Seq, PSt, ChRS, ChStm DSp)	2 per each	8. Cleanness and sureness of steps and turns (STw, Step Seq, OFT)	2
9. Stop longer than permitted in Element (Step Seq, PSt, ChRS, ChSt)	2	9. Exit of Twizzles performed with smooth running edge. One Twizzle: 1 Two Twizzles: 2	1 or 2

6 Program Components

6.1 Program Components for Pattern Dances

Timing	Presentation	Skating Skills
The ability of the Skater to skate in time with the music.	**Though the involvement of the Skater, the demonstration of the correct rhythm or style as required by the description of the dance or by the specific style of the dance.**	**The ability of the Skater to precisely execute dance steps and movements in accordance with the description of the dance with power, balance, depth of edges, easy transition from one foot or lobe to the other, glide and flow.**
Musical Sensitivity	Expressiveness & projection	Overall skating quality
Skating in time with the music	Spatial awareness	Clarity of edges, steps, turns movements and body control
Skating on the strong beat. Starting 1st Step on Beat 1.		Balance and glide, flow, power, speed and ice coverage

Serious Error(s)

Serious errors are falls and/or mistakes which result in a break in the delivery of the program. This break can be minimal or more pronounced and noticeable. These errors must be reflected in the mark awarded for each program component. The consequence depends on the severity and impact they have on the fluidity and continuity of the program. The following guideline should be used.

Category	Mark range	Definition	Errors
Platinum	10	Outstanding	No errors
Diamond	9.75	Excellent	No serious errors
	9.00 – 9.50*		Only 1 serious error
Gold	8.00 – 8.75**	Very good	2 or more serious errors
	7.00 – 7.75	Good	**For all Components:**
Green	6.00 – 6.75	Above average	
	5.00 – 5.75	Average	*When there is only one error and this error minimally impacts the program, the maximum score of 9.50 is possible as noted above.
Orange	4.00 – 4.75	Below Average	
	3.00 – 3.75	Weak	**Note**: For the above to apply, the program as a whole is still deemed to be "Excellent".
Red	2.00 – 2.75	Poor	
	1.00 – 1.75	Very poor	**When there are 2 or more errors and these errors only minimally impact the program, the maximum score of 8.75 is possible.
	0.25 – 0.75	Extremely poor	

6.2 Program Components for Rhythm Dance and Free Dance

Composition	Presentation	Skating Skills
The intentional, developed and/or original arrangement of the repertoire of all types of movements into a meaningful whole according to the principles of proportion, unity, space, pattern and musical structure.	**The demonstration of engagement, commitment and involvement based on an understanding of the music and composition.**	**The ability of the Skater to execute the skating repertoire of steps, turns and skating movements with blade and body control.**
Multidimensional movements and use of space	Expressiveness & projection	Variety of edges, steps, turns, movements and directions
Connection between and within the elements	Variety and contrast of energy and of movements	Clarity of edges, steps, turns movements and body control
Choreography reflecting musical phrase and form and not similar to a singles free skating program.	Musical sensitivity and timing Spatial awareness	Balance and glide
Pattern and ice coverage		Flow
Unity		Power and speed

Serious Error(s)

Serious errors are falls and/or mistakes which result in a break in the delivery of the program. This break can be minimal or more pronounced and noticeable. These errors must be reflected in the mark awarded for each program component. The consequence depends on the severity and impact they have on the fluidity and continuity of the program. The following guideline should be used.

Category	Mark range	Definition	Errors
Platinum	10	Outstanding	No errors
Diamond	9.75	Excellent	No serious errors
	9.00 – 9.50*		Only 1 serious error
Gold	8.00 – 8.75**	Very good	2 or more serious errors
	7.00 – 7.75	Good	**For all Components:** *When there is only one error and this error minimally impacts the program, the maximum score of 9.50 is possible as noted above. **Note**: For the above to apply, the program as a whole is still deemed to be "Excellent". **When there are 2 or more errors and these errors only minimally impact the program, the maximum score of 8.75 is possible. **<u>Excessive Crossovers should be penalized in both Composition and Skating Skills.</u>**
Green	6.00 – 6.75	Above average	
	5.00 – 5.75	Average	
Orange	4.00 – 4.75	Below Average	
	3.00 – 3.75	Weak	
Red	2.00 – 2.75	Poor	
	1.00 – 1.75	Very poor	
	0.25 – 0.75	Extremely poor	

7 Deduction Chart – Who is Responsible

All deductions for Novice Categories are half the normal deductions for Junior/Senior.

Description	Penalty	Who is responsible
Program time violation	**-1.0 for every 5 sec. lacking or in excess**	**Referee**
Tempo specifications – Rhythm Dance Music Time – Novice PD Time limit	**-1.0** **-0.5**	**Referee**
Interruption in performing the program in excess of 10 seconds • more than 10 sec. and up to 20 sec. • more than 20 sec. and up to 30 sec. • more than 30 sec. and up to 40 sec. An interruption is defined as the time elapsed between the moment a Skater stops performing the program, until the moment he resumes performing the program.	 -1.0 -2.0 -3.0	**Referee** If the adverse condition can be remedied without delay the Competitor does not need to report to the Referee and the music continues to play. If the skater resumes skating within 40 seconds, the Referee will apply a deduction.
Interruption of the program with allowance of up to three (3) minutes to resume from the point of interruption As the values of those deductions are not the standard ones, the Referee must give specific instructions to the system operator and check the correct input in each instance.	**-5.0**	**Referee** If the Competitor does not resume skating within forty seconds, the Referee shall instruct the music to be stopped and allow the Competitor 3 additional minutes. If the Competitor resumes skating within this additional period, the Referee shall apply a deduction 5.0. This deduction also covers an interruption of up to 40 seconds immediately preceding the allowance of 3 additional minutes.
Late start – for start between 30 seconds and 1 minute late.	**-1.0**	**Referee**
Part of the costume / decoration falls on the ice	**-1.0 per program**	**Referee**
Dance Edge Element exceeding permitted duration: • Short Edge Element: 8 sec. • Combination Edge Element: 13 sec.	**-1.0**	**Referee** The referee will begin to time when the skater meets the definition of one of the types of Edge Elements until the position no longer meets the definition.
Costume / Prop violations	**-1.0 per program**	**Referee + Judges** The deduction is applied according to the opinion of the majority of the Panel which includes all the Judges and Referee. No deduction in case of a 50:50 split vote. The Judges and Referee will press a button on their screen to apply the above-mentioned deductions.
Music Requirements • Pattern Dance (Rule 2.1.4) • Rhythm Dance • Free Dance	**-2.0** per program	**Referee + Judges** The deduction is applied according to the opinion of the majority of the Panel which includes all the Judges and Referee. No deduction in case of a 50:50 split vote. The Judges and Referee will press a button on their screen to apply the above-mentioned deductions.

Description	Penalty	Who is responsible
Violation of Choreography restrictions • Pattern Dance: touching the ice with hands at any time. • Rhythm Dance: pattern, stop(s), touching the ice with hand(s). • Free Dance: stop(s) over 5 seconds, touching the ice with hands unless otherwise specified.	**-1.0** per program	**Referee + Judges** The deduction is applied according to the opinion of the majority of the Panel which includes all the Judges and Referee. No deduction in case of a 50:50 split vote. The Judges and Referee will press a button on their screen to apply the above-mentioned deductions.
Fall Kneeling or sliding on two knees or sitting on the ice is not allowed and it will be considered by the Technical Panel as a Fall unless otherwise specified. A Fall is defined as a loss of control by the Skater with the result that the majority of his/her body weight is on the ice supported by any other part of the body other than the blades (hand(s), knee(s), buttock(s), or any part of the arm(s).	**-1.0 per occurrence**	**Technical Panel** Technical Specialist identifies. Technical Controller authorizes or corrects and deducts.
Illegal Elements / Movements / Poses The following movements and/or poses are illegal in Rhythm Dance, Free Dance and in the Pattern Dances including the introductory and concluding steps (unless otherwise stated) a) Jumps of more than half (1/2) revolution (including Back Flips) b) 2 or more consecutive ½ rotation jumps c) Lying or sitting on the ice (except where permitted) d) Toe Assisted Split Jumps or e) Edge Split jumps more than 90 degrees at the thighs f) Flying entries for Dance Spins g) Illusions of more than one rotation	**-2.0 per violation**	**Technical Panel** Technical Specialist identifies. Technical Controller authorizes or corrects and deducts. If there is an illegal movement during the execution of any Element; the deduction for an illegal movement will apply and the element the element will receive a Level per the requirements performed or ignored if the minimum requirement for Basic Level is not fulfilled.
Extra Elements (ExEl) If an Extra Element is performed inside any Element in the RD or FD when not permitted, "+ExEl" will be added to the element. The element receives a deduction. For example: If a Spin(s) occurs within a Step Sequence (including ChSt) when not permitted, such Spin(s) will be identified as Extra Element(s) ExEl and receives a deduction: ChSt1+ExEl	**1.0** per Element	**Technical Panel** identified the element in accordance with the calling specifications. Technical Controller advises the Data Operator to add to the respective element "ExEl" and input the respective deduction.
Element not according to program requirements receives (*) symbol. If there is an incorrect element performed as not according to the requirements (E.g., CiSt instead of a required MiSt/DiSt) the element will receive No Value but will not receive a deduction.	Element gets NO value but will NOT receive a deduction	The computer verification identifies elements not according to requirements and applies the asterisk (*). The Technical Controller verifies and authorizes the call.

8 Explanation of Symbols on the Judges Details per Skater

Symbol	Action	Explanation
<	Reduce by 1 Level: interruption of 1 measure or less in PDE.	If the PDE is interrupted one (1) measure or less (4 or 6 beats based on the PDE), the Key Points are called as identified and the Level will be reduced by 1. It is reported on the Judges Details chart as: "<" to indicate an interruption of one (1) measure or less.
<<	Reduce by 2 Levels: interruption of more than 1 measure in PDE.	If the PDE is interrupted more than one (1) measure or less (4 or 6 beats based on the PDE), the Key Points are called as identified and the Level will be reduced by 2. It is reported on the Judges Details chart as: "<<" to indicate an interruption of more than one (1) measure.
>	-1.0 point deduction for Extended Dance Edge Element	If the duration of the Dance Edge Element is longer than the permitted time, the Referee applies the deduction of 1 point – the duration of the Edge Element is confirmed by the Referee electronically.
ExEl	-1.0 point deduction for "Extra Element"	If an Extra Element is performed in addition to the allowed number of elements from an element group in Rhythm Dance or Free Dance to such element "ExEl" will be added and the element receives a deduction. For example: If a Spin(s) occurs within a Step Sequence (including ChSt) when not permitted, such Spin(s) will be identified as Extra Element(s) ExEl and receive a deduction: ChSt1+ExEl
*	Element gets No Value but will NOT receive a deduction.	**Element not according to the well-balanced program requirements (*)** If an incorrect element is performed not according to the requirements (e.g., CiSt instead of MiSt/DiSt) or the repetition rule for Dance Edge Elements is violated the element will receive No Value but will not receive a deduction.
F	Fall in Element -1.0 per Fall	If there is a Fall within an Element, this is identified by the Technical Specialist as a "Fall in Element" and the Data Operator pushes the respective button "Fall in Element" and a deduction of -1.0 will apply per each Fall
Fx	Multiple Falls in Element	If there are multiple Falls (Fx) within an Element, this is identified by the Technical Specialist as a Fall in Element and Data Operator pushes the respective button "Fall in Element".
!	Choreo Element is identified and does not fulfill all requirements.	If Choreographic Element is identified and does not fulfill all the requirements, and/or has any errors, it receives the "!" symbol on the judges' screen and the Judges will apply the appropriate GOE per the GOE chart.

9 Appendix A - Pattern Dance Diagrams

Includes Solo Ice Dance Steps, Key Points, Sequence Requirements, and Timing

Solo Ice Dance Pattern Dance Diagrams using Solo Ice Dance Steps

Definitions:

Correct Edge: Correct Edge means that the Edge is clean for the **whole** duration of the Step. In order to be considered correct, the edge must also be held for the correct number of beats as prescribed in the rules for each pattern dance. A change of edge within the last ½ beat of the step is permitted to prepare the push/transition to the next step (unless otherwise prescribed).

Correct Turn: Correct Turn means that the Turn has a correct foot placement, clean edge in and out of the Turn and is not jumped or scraped. For Twizzles, they must have the required number of rotations travelling on one foot and must not be performed as checked Three Turns or Pirouettes. In order to be considered correct, the turn must also be held for the correct number of beats as prescribed in the rules for each pattern dance.

Correct Placement: The foot must be placed on the ice as described in the definition of the turn.

Solo Ice Dance Steps: The required steps for Solo Ice Dance will be the same for all competitors. Depending on the dance, A-Steps (previously the Woman's steps), B-Steps (previously Man's steps) or a combination of both may be used. Refer to the Pattern Dance Diagrams for the Solo Ice Dance Steps to be skated for each dance.

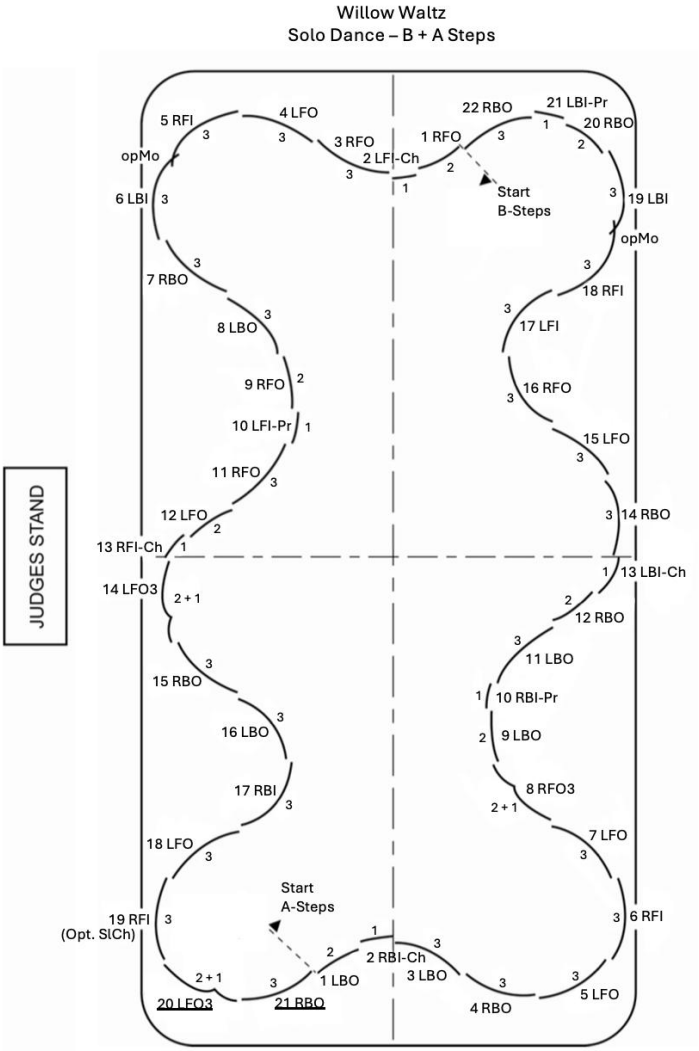
Note: All illegal elements apply to pattern dance introductions and exits.

9.1 Diagrams Solo Ice Dance Basic Novice Pattern Dance

9.1.1 Willow Waltz (Set Pattern Dance)

Solo Ice Dance Steps: Sequence 1, B-Steps and Sequence 2, A-Steps

(A-Steps updated on August 8, 2025)



2 Sequences required for Solo Dance Competitions – Waltz ¾
135 beats per minute plus or minus 3 beats per minute
Number of Measures per Pattern: 18 measures of 3 beats
Minimum Pattern Time: 0:23.4 Maximum Pattern Time: 0:24.6
Approximate duration for entire Dance for event planning: 1:20

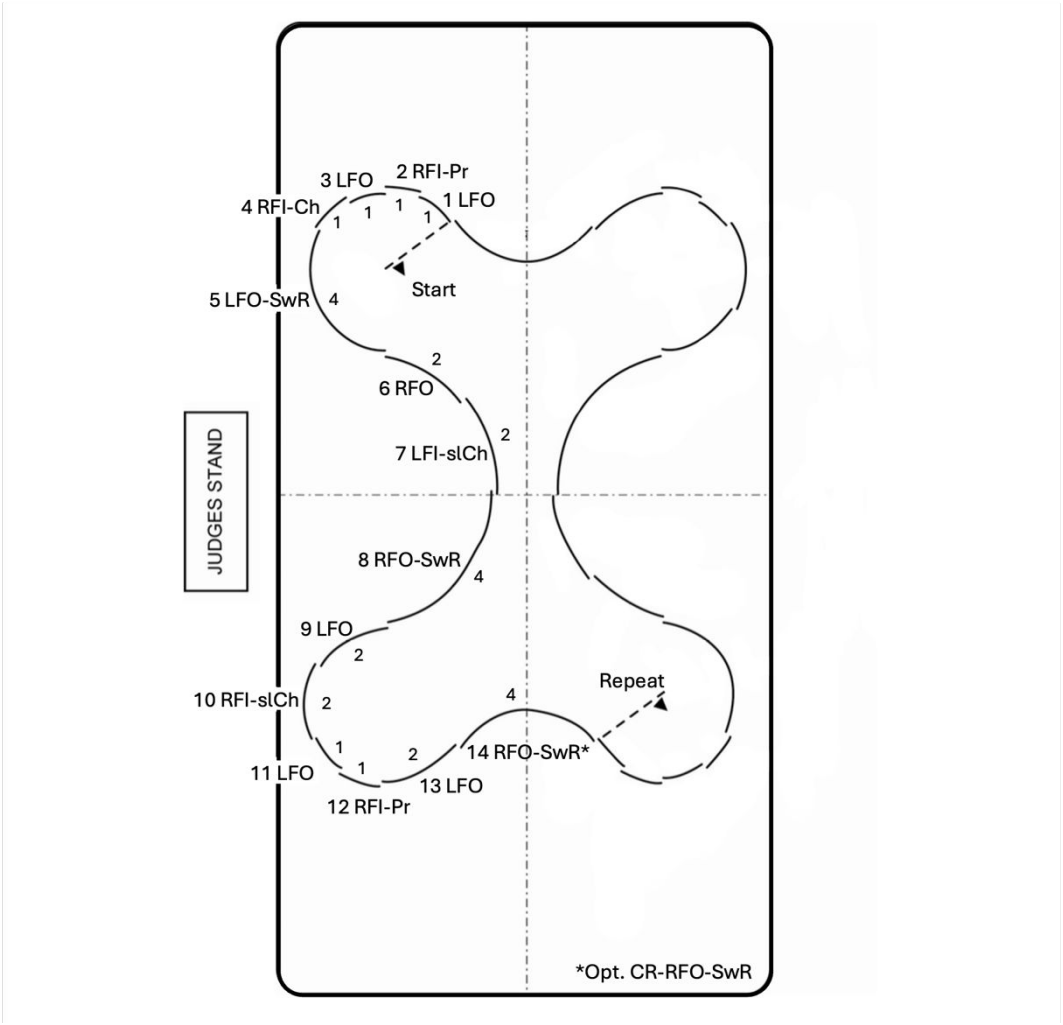
Basic Level: 50% of pattern completed
Level 1: 75% of pattern completed

Sequence #	Steps	# of Steps	10%	25%	50%	75%	90%
Sequence 1	B Steps 1-21	21	2	6	11	16	19
Sequence 2	A Steps 1-22	22	2	6	11	17	20

9.1.2 Tango Canasta (Set Pattern Dance)

Solo Ice Dance Steps – All Competitors Skate Same Steps

Tanga Canasta



2 Sequences required for Solo Dance Competitions – Tango 4/4
Tempo: 102 - 108 beats per minute
Number of Measures per Pattern: 7 measures of 4 beats
Minimum Pattern Time: 0:15.5 Maximum Pattern Time: 0:16.5
Approximate duration for entire Dance for event planning: 1:05

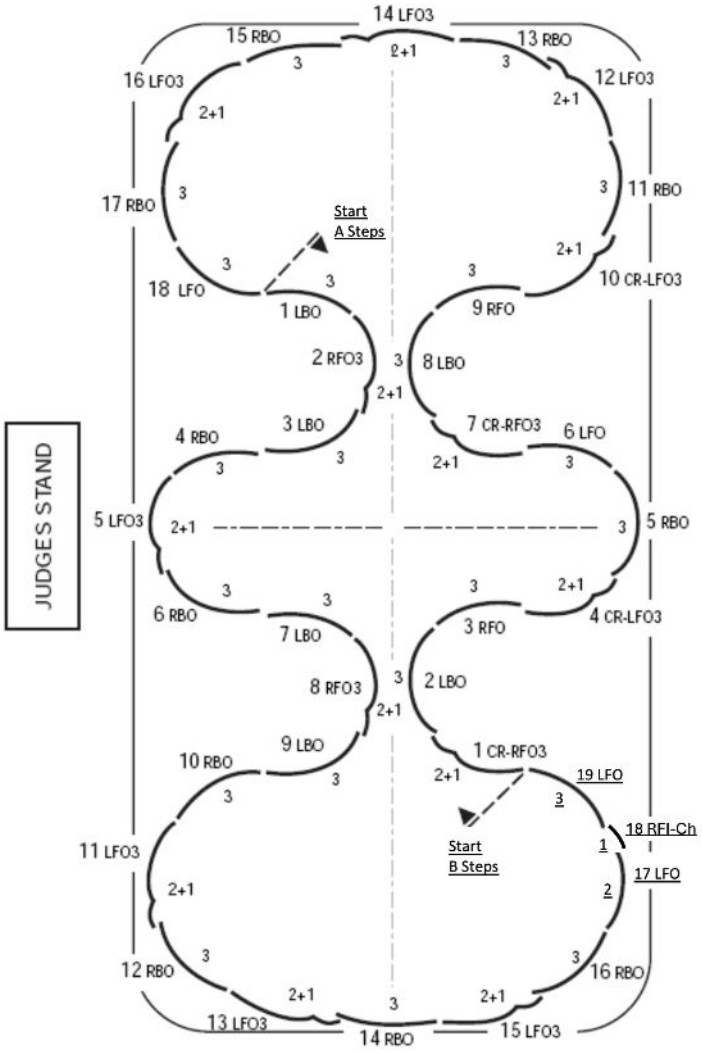
Basic Level: 50% of pattern completed
Level 1: 75% of pattern completed

Sequence #	Steps	# of Steps	10%	25%	50%	75%	90%
1 Sequence	1-14	14	1	4	7	11	13

9.2 Diagrams Solo Ice Dance Intermediate Novice Pattern Dance

9.2.1 European Waltz (Set Pattern Dance)

Solo Ice Dance Steps: Sequence 1, A-Steps and Sequence 2, B-Steps



2 Sequences required for Solo Dance Competitions – Waltz ¾
135 beats per minute plus or minus 3 beats per minute
Number of Measures per Pattern: 18 measures of 3 beats
Minimum Pattern Time: 0:23.4 Maximum Pattern Time: 0:24.6
Approximate duration for entire Dance for event planning: 1:20

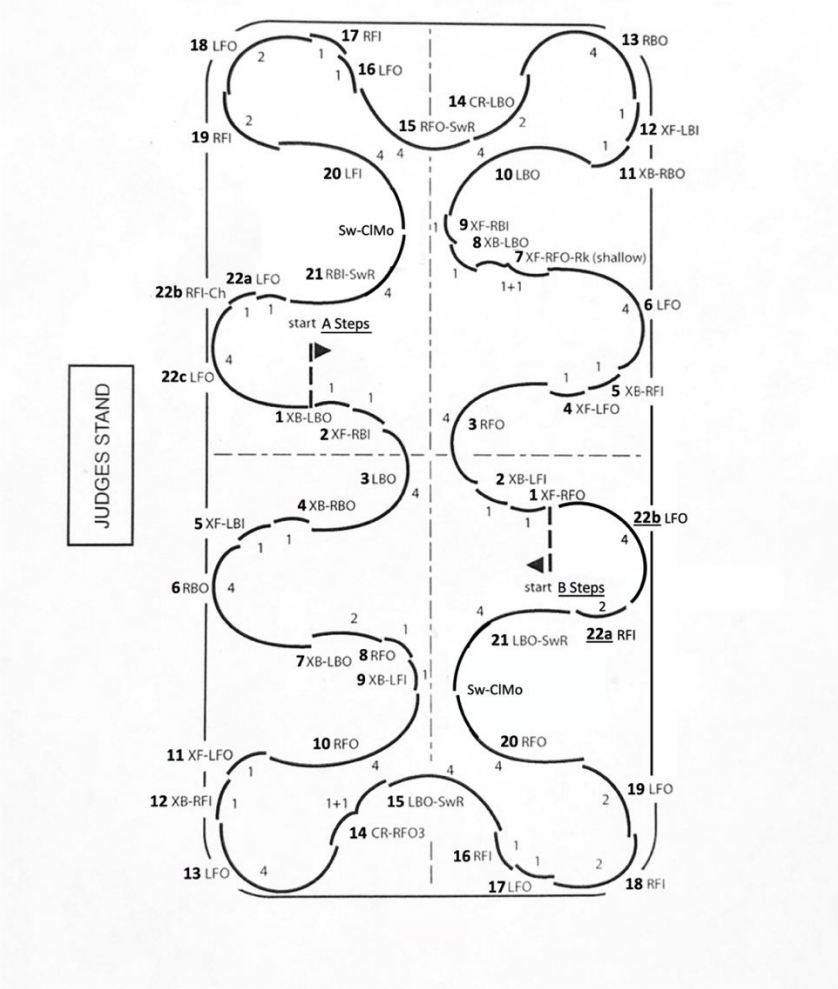
Sequence 1 – A Steps
Key Point 1: Steps 2&3 (RFO3, LBO) – Features: Correct Turn and Edges

Sequence 2 – B Steps
Key Point 1: Step 4 (CR-LFO3) – Features: Correct Turn & Edges

Sequence #	Steps	# of Steps	10%	25%	50%	75%	90%
Sequence 1	1-19	19	2	5	10	15	17
Sequence 2	1-18	18	2	5	9	14	16

9.2.2 Tango (Optional Pattern Dance)

Solo Ice Dance Steps: Sequence 1, A-Steps and Sequence 2, B-Steps



2 sequences required for Solo Ice Dance Competition – Tango 4/4
108 beats per minute plus or minus 2 beats per minute
Number of Measures per Pattern: 13 measures of 4 beats
Minimum Sequence Time: 28.4 Seconds - Maximum Sequence Time: 29.4 Seconds Approximate
Duration for entire dance for event planning: 1:36

Sequence 1
Key Point 1: Steps 20-21 (RFO Sw-ClMo, LBO-SwR)
Features: Correct Turn and Correct Edge

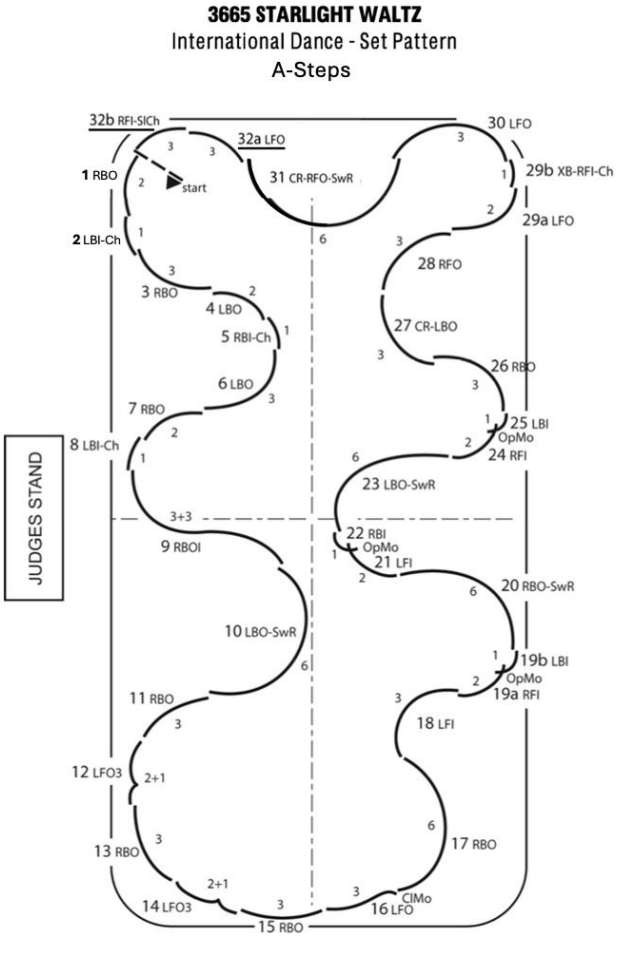
Sequence 2
Key Point 1: Steps 20-21 (LFI Sw-ClMo, RBI-SwR)
Features: Correct Turn and Correct Edge

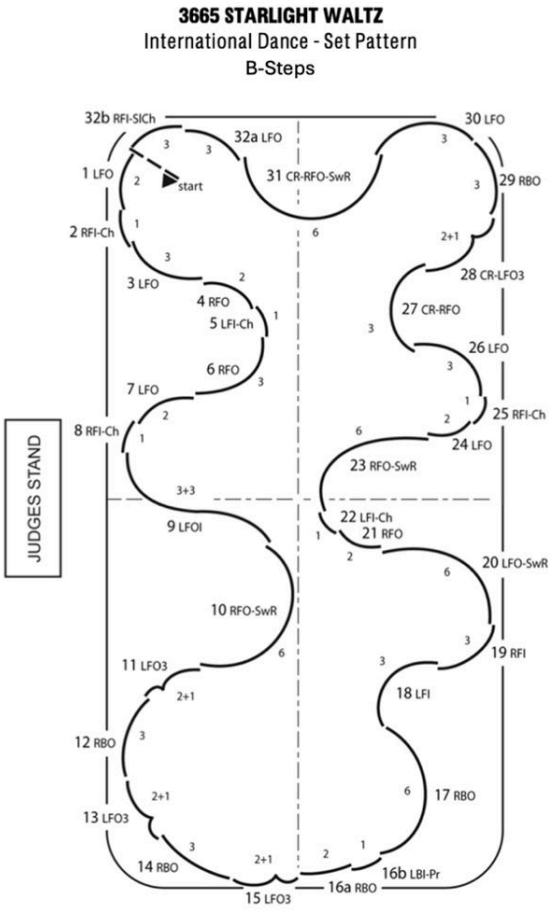
Sequence #	Steps	# of Steps	10%	25%	50%	75%	90%
Sequence 1&2	1-22	22	2	6	11	16	20

9.3 Diagrams Solo Ice Dance Advance Novice Pattern Dance

9.3.1 Starlight Waltz (Set Pattern Dance)

Solo Ice Dance Steps: Sequence 1, A-Steps(July 14, 2025 A-Steps updated) **and Sequence 2, B-Steps**





2 Sequences (4 Sections) are required for Solo Dance Competitions – Waltz ¾
174 beats per minute plus or minus 3 beats per minute
Number of Measures per Pattern: 17 measures of 6 beats
Minimum Pattern Time: 0:34.8 Maximum Pattern Time: 0:35.6
Approximate duration for entire Dance for event planning: 1:45

Sequence 1, (A-Steps):
Key Point 1: Step 9-10 (RBOI, LBO-SwR) - Features: Correct Edges
Key Point 2: Steps 21-23 (LFI OpMo, RBI, LBO-SwR) - Features: Correct Edges & Turn

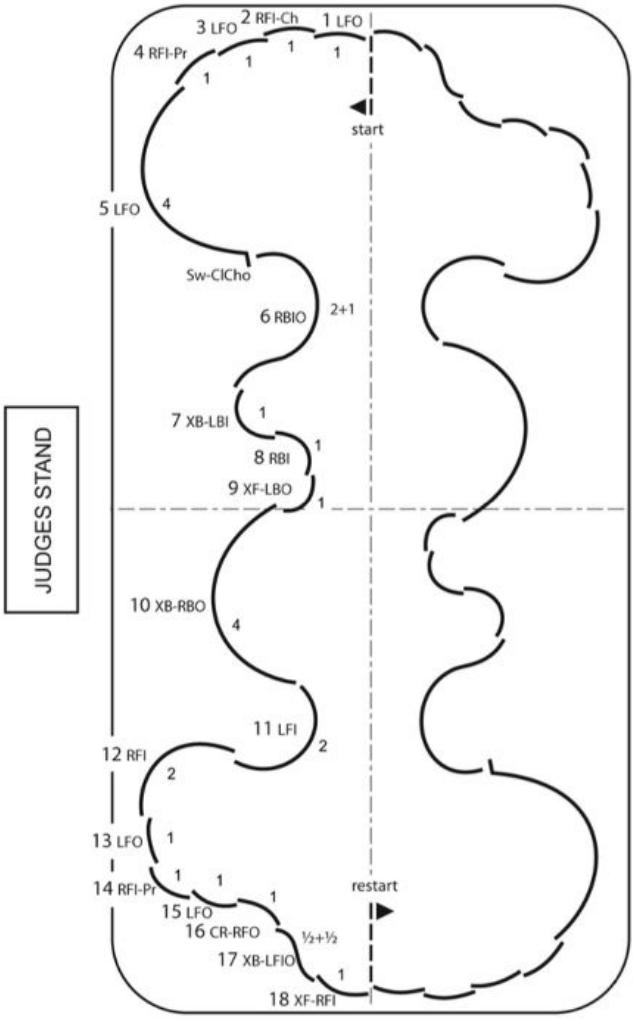
Sequence 2, (B-Steps):
Key Point 1: Step 9-10 (LFOI, RFO-SwR) - Features: Correct Edges
Key Point 2: Step 29-31 (RBO, LFO, CR-RFO-SwR) - Features: Correct Cross Roll & Edges

Sections	Steps	# of Steps	10%	25%	50%	75%	90%
Section 1	1-32	32	4	8	16	24	29

(Chart Updated August 8, 2025)

9.3.2 Quickstep (Set Pattern Dance)

Solo Ice Dance Steps – All Competitors Skate Same Steps



2 Sequences and 1 ChSt required for Solo Dance Competitions – Quickstep 2/4
112 beats per minute plus or minus 2 beats per minute
Number of Measures per Pattern: 7 measures of 4 beats
Minimum Pattern Time: 14.7 Maximum Pattern Time: 15.3
Approximate duration for entire Dance for event planning: 1:10

Key Point 1: Steps 5-6 (LFO-Sw-ClCho, RBIO) – Features: Correct Turn & Edges
Key Point 2: Steps 11-12 (LFI-RFI) - Features: Correct Edges

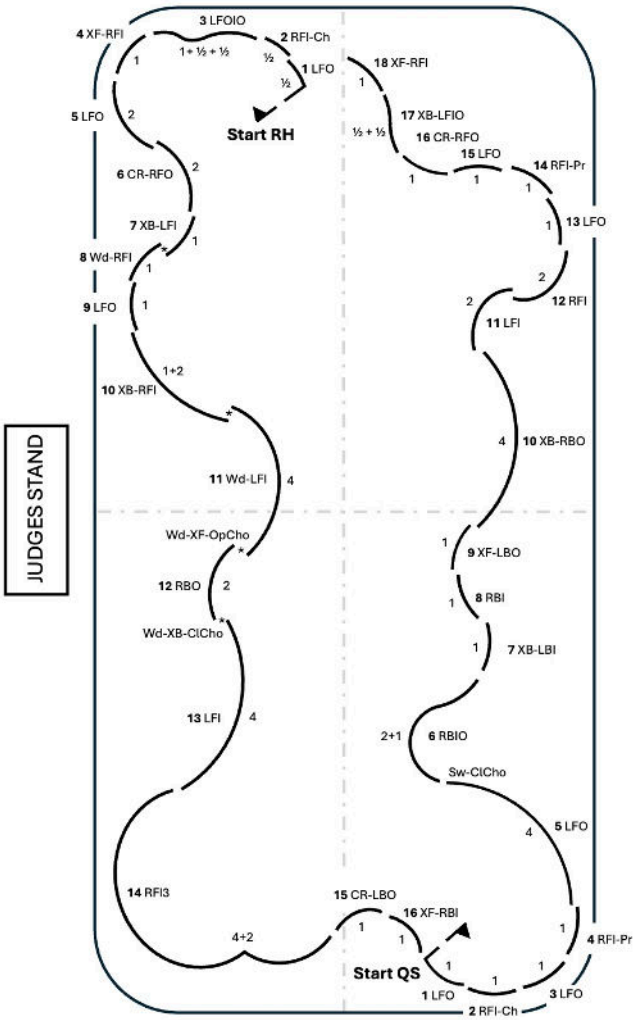
ChSt: Upon the completion of the last Pattern Dance Element, the Skater begins a Choreographic Step Sequence (ChSt) as their exit on the left hand side of the Judging Panel and performs dance steps in the style of the Quickstep rhythm along the midline in a generally linear direction until on or past the short axis (red line) within the 20 seconds allowed for the exit.

*Not Permitted: Retrogressions, Stops, Dance Edge Elements that meet the requirements for a basic level, Dance Spins, and touching the ice with any other part of the body than the knee or blade(s). (If the skater performs any not permitted item, the tech panel will apply the !)

Section	Steps	# of Steps	10%	25%	50%	75%	90%
1 Sequence	1-18	18	2	5	9	14	16

9.4 Junior Rhythm Dance – Rhumba and Quickstep, (back to back)

Solo Ice Dance Steps – All Competitors Skate Same Steps



2 (1 Rhumba & 1 Quickstep) required for Solo Dance Competitions –
2/2 or 2/4 time and at least 120 beats per minute - (Minimum of 30 beats in 15 seconds)

Timing for the Rhumba Outlined on following page. No changes to the Quickstep timing.

Sequence 1 (Rhumba) – 1RH
Key Point 1: Steps 11 – 13 (Wd-LFI Wd-XF Op Cho, RBO Wd-XB-CL Cho, LFI)
Key Point 2: Step 14 (RFI3)
Key Point 3: Step 16 (XF-RBI)

Sequence 1 (Quickstep) – 1QS
Key Point 1: Steps 5&6 (LFO Sw-ClCho, RBBIO)
Key Point 2: Steps 11 & 12 (LFI, RFI)
Key Point 3: Steps 17 & 18 (XB-LFIO, XF-RFI)

*Features: All Key Points must include Correct Turns, Edges, Foot Placement and Timing.

Sequence #	Steps	# of Steps	10%	25%	50%	75%	90%
Rhumba Sequence (1RH)	1-16	16	2	4	8	12	14
Quickstep Sequence (1QS)	1-18	18	2	5	9	14	16

New Rhumba Timing

Rhumba Steps
Juniors 2025-2026

Step no.	Step (same for both)	Number of beats of music
1	LFO	1/2
2	RFI-Ch	1/2
3	LFOIO	1+1/2 + 1/2
4	XF-RFI	1
5	LFO	2
6	CR-RFO	2
7	XB-LFI	1
8	Wd-RFI	1
9	LFO	1
10	XB-RFI	1+2
11	Wd-LFI Wd-XF Op Cho	4
12	RBO Wd-XB-CI Cho	2
13	LFI	4
14	RFI3	4+2
15	CR-LBO	1
16	XF-RBI	1